

## Briefs . . .

### Spring ahead

Daylight Saving's Time starts April 3 at 2 a.m. Set clocks ahead one hour at that time.



### Spring clean-up

Fort Sam Houston will conduct its installation spring clean-up Monday through April 8. During the week, both military and civilians will improve the appearance of areas adjacent to their workplaces and assigned police areas of responsibility as outlined in Fort Sam Houston Regulation 420-2. This includes cleaning parking lots, streets and unit areas. For more information, people should contact their unit representative. The rain dates are April 25 to 29.

### Early release for high school

Cole Junior/Senior High School students will be released at noon Friday due to a District 27-2A University Interscholastic League Academic Competition. Regular bus schedules and runs will apply. For the competition, more than 200 students from six districts will compete in academic events such as poetry recital, poetry and prose, social studies and calculator applications. The elementary school will remain on a full-day schedule.

### WWII anniversary ceremony

The Department of Defense World War II Veterans Commemoration Committee will present a tribute to veterans Sunday at 2 p.m. at San Antonio's Villita Assembly Building, 401 Villita. The event is open to the public with priority for World War II veterans and their guests. For more information, call (877) 868-2058 or visit [www.60wwii.mil](http://www.60wwii.mil).

### World War II tribute

The Fort Sam Houston National Cemetery and Department of Defense World War II 60th anniversary tribute and wreath laying will be Monday at the cemetery. A musical prelude starts at 9 a.m. and the ceremony at 9:30 a.m. The speaker is retired Lt. Gen. Ed Soyster, World War II 60th Anniversary Commemoration Committee chairman.

### Separation briefings

A mandatory briefing for Soldiers separating or being discharged from the Army will be held Tuesday from 8 to 11:30 a.m. in Building 2263, Room B101 (in the basement). Representatives from transition services, post finance, Department of Veterans Affairs, in-service recruiting and the Army Career Alumni Program will be available. Retirees are not required to attend. Spouses are welcome. Appointments aren't required. For more information, call Troy Dixon at 221-2467.

See **BRIEFS** on Page 3



Soldiers from F Company transport a wounded Soldier on a litter during a patrol while participating in a 232nd Medical Battalion field training exercise. The battalion recently revamped their training exercise for 91W combat medics.

## 232nd Med. Bn. unveils new warrior FTX

Story and photo by Capt. John Halak  
F Company, 232nd Medical Battalion

The 232nd Medical Battalion has unveiled a newly devised "Warrior FTX" for its 91W combat medics in training that places greater emphasis on Soldier skills and realistic medical training.

"We've transitioned our field training exercise so there's now a greater emphasis on warrior core skills," said Lt. Col. Bruce McVeigh, 232nd Med. Bn. commander.

The new field training exercise places Soldiers in an environment that mirrors real life medical situations and fosters training experiences that will benefit the operational Army.

"Many of these medics will deploy within a year after they're assigned to a unit," McVeigh said. "We want to ensure they have the skills they need to best meet the needs of their unit. We want to set them up for success."

For instance, in past exercises, Soldiers slept in unsecured tents.

"They now sleep in tents surrounded by concertina wire and sand bags and manned 24/7," McVeigh said. "When these Soldiers go to Iraq, they'll live in a tent city under the same conditions. Prepping our Soldier medics for real-world operations is vital."

See **FTX** on Page 4

## DoD announces new health care benefit for Guard, Reserve

By Terri Lukach  
American Forces Press Service

**WASHINGTON, D.C.** – A new health care plan, with coverage comparable to that enjoyed by federal employees under the Blue Cross and Blue Shield health insurance plan, will be available to eligible members of the National Guard and Reserve and their families April 25, Defense Department officials announced March 24 at the Pentagon.

The new plan, called TRICARE Reserve Select, will serve as a bridge for reserve component members entering or leaving active duty who are not covered by civilian employer or other health insurance plans. It applies to all reserve component personnel who have been activated since Sept. 11, 2001, and who agree to continued service in the Selected Reserve. The coverage will be applied retroactively, officials said.

Principal Deputy Undersecretary of Defense for Personnel and Readiness Charles Abell, Assistant Secretary of Defense for Reserve Affairs Thomas Hall, and Assistant Secretary of Defense for Health Affairs Dr. William Winkenwerder announced the plan

at a Pentagon news conference.

"We are committed," Abell said, "to providing the proper combination of compensation and benefits that will allow us to attract and retain the world's best fighting force."

Abell said that while large numbers of National Guard and Reserve members have health insurance through their employers, the department "recognizes the importance of maintaining a continuity of care as they transition from their employers to serve with us and then back, as well as the need for some of them who may be self-employed or who work for small businesses to have health coverage."

TRS is a nationwide, premium-based plan that closely resembles the TRICARE Standard coverage of the active duty force. Its rates are based on the premiums for the Blue Cross and Blue Shield Standard Service Benefit Plan for federal government employees. Premiums will be adjusted annually.

Reserve component personnel and their family members now are also eligible for benefits 90 days prior to activation, and for up to six months after demobilization, Hall said.

"For every 90 days of active duty service, Guard and Reserve personnel are eligible for one year of TRICARE coverage for a modest fee," Hall told reporters. "That means, for example, that personnel who have served two years of active duty are eligible for eight years of healthcare coverage."

Winkenwerder praised the members of the National Guard and Reserve. "They have shouldered a tremendous share of the global war on terror in which we are deeply engaged," he said, "and they have performed exceptionally well."

"They mobilized and deployed side by side with active duty forces, many serving in Iraq and Afghanistan," Winkenwerder continued. "They served with pride and loyalty. And while we have, in the past, offered full healthcare benefits for these service members, and for their families, this change will shortly offer a more comprehensive benefit for transition back to private life, and, importantly, the opportunity for those who have served in contingency operations, the option for obtaining TRICARE coverage on a longer term at very attractive rates."



# New policy allows bicyclists access to Camp Bullis

Bicycle access to Camp Bullis is now permitted for Department of Defense ID card holders, per a new policy released Wednesday.

The bicycle path will be from the Military Highway entrance to the flagpole and left on Camp Bullis Road to the fence line and back.

People are not allowed into off limits areas. All bicyclists must comply with the rules of the road and with the following requirements:

- Bicyclists will wear an authorized reflective belt or vest while operating their bike on and off post. The belt is worn over the shoulder and under the operator’s arm to allow maximum visibility to other vehicle operators. The reflective belt will be worn as an outer garment and will not be covered by any other article of clothing.
- All bicycle riders will wear an approved helmet while riding on Camp Bullis. An approved helmet meets or exceeds the American National Standards Institute or Snell Memorial Foundation Standards.
- Riders will ride with the traffic and obey traffic signs and laws. Along with Texas rules of the road, bicyclists will ride on the side of the road to the right of the white lines whenever motor vehicle traf- fic is present.
- Headphones or earphones while bicycling are prohibited.
- No riding during hours of darkness, only from official sunrise to official sunset.

Groups of riders may request organized rides into the training area. Rides are coordinated and scheduled through Camp Bullis Outdoor Recreation Center at 295-7577.

For more information, reference Policy Memorandum No. 17 – Bicycling on Camp Bullis.  
(Source: Camp Bullis Training Site)

# Policy requires use of helmets in military tactical vehicles

By Maj. Gen. George Weightman  
AMEDDC&S and Fort Sam Houston commander



Kevlar helmets are required when operating or riding in military tactical vehicles in field exercises, combat training areas and military ranges.

Battalion-level commanders or the first offi- cer in the grade of O-6 in the chain of command and facility supervisors will prescribe appropri- ate headgear to be worn by occupants of military motor vehicles for all other environments. It is not my intent to apply this requirement to those vehicles designed primarily for administrative functions such as Government Service Administration vans and vehicles owned, leased or rented by government entities.

This policy gives commanders flexibility in determining appropriate headgear for operations in military motor vehicles for normal administra- tive driving which do not involve tactical training or operations.

Commanders will use the risk management process guidance in FM 100- 14 when assessing the level of risk for a particular environment or mission.

This policy applies to all military personnel. Local commanders are advised that implementation of this policy is subject to applicable labor- management agreements and contractor-employer agreements.

For more information, call Mary Lloyd, safety specialist, at 295-7915.

## Fort Sam Houston News Leader

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Briefs cont. . . .

Volunteer of the year

The Installation Volunteer Advisory Council will host the annual Installation Volunteer Recognition Ceremony and Reception May 11 from 10 a.m. to noon at the Sam Houston Club. To nominate an organization volunteer of the year, contact a Volunteer Advisory Council representative or the installation volunteer coordinator for nomination forms. Nominations are due to the installation volunteer coordinator today by close of business. For more information, call the Installation Volunteer Coordinator at 221-2705 or 221-2418.

Graphics/AV relocation

Visual Information Graphics has relocated from Building 2005 to Building 913 (rear entrance) on Patch Road. Audio Visual has moved from Building 2267 to Building 914 (rear entrance) on Patch Road. Both offices are open daily from 7:30 a.m. to 4:30 p.m., Monday through Friday. For more information about VI Graphics, call Jack Boyer at 221-9279. For more information about Audio Visual, call 221-5117. People can call the Visual Information Office chief at 221-5152.

Veterinary clinic

The Fort Sam Houston Veterinary Treatment Facility will sponsor an Equine Vaccination Clinic April 9 from 8 a.m. to noon by appointment only. Pet owners must have a valid military ID card to receive services or a designated agent must present a power of attorney and a copy of the ID card. For more information, call 295-4260.

32nd Brigade Run

The B.G. Johnson Track on Stanley Road will be closed to the public April 14 from 5 a.m. to 7 a.m. during the 32nd Brigade Run.

Camp Bullis User Conference

The Camp Bullis User Conference will be held May 3 from 7:30 a.m. to 4 p.m. at the Camp Bullis theater, Building 5900. Registration starts at 7 a.m. The Outdoor Recreation Center will provide snacks and lunch for a minimum cost. For more information, call 295-7592, 295-7686 or 295-7616.

Washer, dryer repair in barracks

To request washer or dryer repair in the barracks, Soldiers should call 221-3144 with the building number, point of contact, phone number, washer or dryer control number and a detailed description of the problem. The service call clerk will provide the caller a service order number to track the request. If the problem isn't resolved in 24 hours, call Pat Seader, service contracts, at 295-4813

Sacrifices of 1st Cavalry Division Soldiers give others right to vote

By Nelia Schrum  
Brooke Army Medical Center Public Affairs

Commander of the 1st Cavalry Division, Maj. Gen. Peter W. Chiarelli, and Command Sgt. Maj. Neil Ciotola wanted the wounded warriors recovering at Brooke Army Medical Center to know their efforts in Iraq resulted in 52 percent of the Iraqi people going out to vote despite the threat of suicide bombers.

At a March 24 ceremony designed to honor Soldiers with awards and decorations for service to their country on the battlefields of Iraq, the 1st Cavalry leadership team joined BAMC Commander Brig. Gen. C. William Fox in honoring three Soldiers recovering at the hospital.

Chiarelli told the audience that Iraqis went out to vote because they understood that democracy was the beginning of a better life.

For the voters participating in the Jan. 30 national elections in Iraq holding up an index finger covered in purple ink became a sign of defiance against terrorists who threatened potential voters with death.

"In Baghdad people understand the value of democracy and they would not have it without these great American Soldiers," Chiarelli said, adding that he could not put a price on what the recovering Soldiers were going through.

The division commander said that the wounded Soldiers recovering at BAMC should know the impact their sacrifices had on the Iraq elections.

"Your sacrifice really meant something." At the BAMC ceremony, three Soldiers, two infantrymen and a combat medic were honored for their service in the Global War on Terrorism.

"The three Soldiers that we honor today are representative of America's finest," said Fox. "They have each served with honor, courage and distinction."

Sgt. 1st Class Alan Hornaday, a combat infantryman who is an Arkansas National Guardsman attached to the 1st Cavalry



Photos by Kelly Schaefer

Army medic Sgt. Kortney Clemons receives his Purple Heart March 24 from 1st Cavalry Division Commander Maj. Gen. Pete Chiarelli. Clemons was providing battlefield care to wounded comrades when an improvised explosive device detonated, injuring him along with the wounded Soldiers he was treating.

Division, was awarded a Bronze Star with "V" device for valor at the ceremony.

Hornaday was serving as a platoon sergeant at a Baghdad checkpoint covering a bridge July 14 when a suicide bomber with a vehicle-borne improvised explosive device tried to run the checkpoint in his taxi. In his heroic attempts to defend his position, Hornaday was seriously wounded, sustaining burns, fragment injuries and fractures.

Hornaday has two sons serving in the Army National Guard. The oldest, Sgt. Collin Hornaday, deployed with his father, returning when his dad was badly wounded. Another son, Spc. Cory Hornaday, is an aviation mechanic and crew chief in training.

From Los Angeles, Sgt. Johnny Wilson, a combat infantryman assigned to the 1st Cavalry Division, originally entered Iraq in March 2004. During his first combat tour, Wilson was wounded and treated at BAMC, returning to duty in Iraq. While conducting a right-seat-ride hand-off with



Maj. Gen. Pete Chiarelli, the commander of the 1st Cavalry Division, congratulates Sgt. 1st Class Alan Hornaday for his heroism in Iraq. Hornaday received a Bronze Star with "V" device at a March 24 ceremony at Brooke Army Medical Center.

their replacement unit from 1st Armor Division, their Bradley struck an improvised explosive device. Wilson sustained severe injuries to his left lower leg and ankle and is now recovering at BAMC. Wilson, who received a Purple Heart, said his goal is to return to active duty to obtain 20 years in service like his father, brother and uncles have done.

Purple Heart recipient Sgt. Kortney Clemons is a 91W combat medic assigned to the 1st Cavalry Division. He entered Iraq in March 2004. The medic was helping wounded comrades in

Taji, Iraq, Feb. 21 when an improvised explosive device exploded. The roadside bomb wounded troops also causing severe injuries to Clemons that resulted in the loss of a leg. Clemons plans to obtain a degree in physical therapy.

While at BAMC, Chiarelli also presented two 1st Cavalry Division Soldiers Purple Hearts at their bedside.

Sgt. Bradley Sabota, an infantryman from Ohio, received a Purple Heart for injuries sustained from an improvised explosive device Feb. 25 in Taji. The father of two sustained orthopedic injuries.

Spc. Craig Andrade, 24, a Kerrville, Texas, native, also was injured Feb. 25 from an improvised explosive device. Andrade, who now lives in Universal City, Texas, sustained orthopedic injuries.



Sgt. Johnny Wilson, a combat infantryman, is thanked by Maj. Gen. Pete Chiarelli, the commander of the 1st Cavalry Division, after receiving a Purple Heart.

Housing survey can help target residents' needs

Fort Sam Houston Family Housing residents soon will receive a "Headquarters, Department of Army Resident Assessment" survey.

The survey will also be distributed to all other Army installations participating in the Residential Community Initiative family housing privatization program.

RCI is a Department of the Army program designed to enhance quality-of-life for service members and their families by improving the existing on-post family

housing conditions, eliminating housing shortages and improving neighborhood "amenities," such as playgrounds, outdoor athletic courts and walking/running trails.

Family housing is privatized under this program. On post, the operation and maintenance of family housing was transferred to Lincoln Military Housing. The RCI Office provides oversight of Lincoln Military Housing.

The goal of the program is to positively

impact the quality of life of residents at Fort Sam Houston. This translates into major and minor renovations, the demolition and construction of new houses in the Harris Heights Village and more neighborhood amenities. Under the program, basic allowance for housing is provided to Lincoln Military Housing to cover the cost of rent and utilities.

The survey will be used to help the RCI Office make better decisions on how to spend its limited housing dollars and

will help guide Lincoln Military Housing in providing the services and the facilities that are important to residents. Survey responses are strictly confidential and frank responses are invited. The office is not tabulating any personal data, and the survey will not identify residents or housing locations.

For more information, call Clara Greenway at 221-0881.

(Source: Residential Communities Initiative)



# Joint U.S., Colombian effort produces thriving CSM Academy

Story and photos by  
Kevin W. Sieling  
U.S. Army South Public Affairs

Like the United States, the Colombian government is waging a war on terrorism. A 40-year insurgent campaign to overthrow the Colombian government has been spreading terrorism throughout the country for nearly half a century.

U.S. Army South, the Army service component for U.S. Southern Command, has taken on the task of assisting the Colombian military in transform-



U.S. Southern Command Marine Master Gunnery Sgt. Frank Tabares salutes a recent graduate of the Colombian Command Sergeants Major Academy during the graduation ceremony in Tolemaida, Colombia.

ing its military, specifically the senior enlisted rank and file. One example is the Command Sergeants Major Academy in Bogotá, Colombia, a joint effort by both militaries to institute the rank of command sergeant major.

“Former USSOUTHCOM Commanding Gen. James T. Hill directed Command Sgt. Maj. Michael P. Etheridge to work with their military in the development of a command sergeant major rank, position and function,” said USARSO Command Sgt. Maj. Daniel R. Wood. “That was naturally followed up by setting up an institution to train the requisite skills needed for the new position. They felt that having an experienced senior NCO leader forward on the battlefield is a force multiplier.

“Today, the Colombian Command Sergeants Major Academy is currently on its fourth course, allotting roughly 40 newly promoted Colombian CSMs to their war on terror,” he said.

The U.S. and Colombian courses share similarities. Both courses include studies in the command sergeants major’s responsibilities as the senior enlisted adviser to the commander, interpersonal relationships with the staff, assigning and using soldiers, caring for soldiers and their families, and human rights. Students also attend Colombian military training and

displays by special operations units like the “Lanceros,” the Colombian equivalent of the Army Rangers.

Key liaison to the academy is USARSO Sgt. Maj. Carlos Zayas, a Florida Army reservist with more than 30 years military experience. Zayas is currently on temporary duty in Colombia as the direct link between the Colombian and U.S. military and also serves as an adviser to the course commandant and NCO in charge.

“My primary mission is overseeing the sergeants major academy, ensuring they follow the format that was originally established and complete training objectives,” Zayas said. “One of the biggest challenges we have is time. We try to squeeze nine months, which is the length of our sergeants major academy, into eight weeks. There are several other obstacles to include funding and time for CSMs in a combat environment.”

Wood said the goal is for the course to evolve with the needs of the host nation and eventually become self-sufficient.

“We will bring to the course whatever subject matter experts the host nation Army sees the need for that we have the capacity to provide,” he said. “The course is now what the Colombian army makes it.”

The Academy’s commandant, Lt. Col. Arturo Herrera Castano, has extensive experience training with the U.S. military. He successfully completed U.S. Army Ranger School, Western Hemisphere Institute for Security and Cooperation and Advanced Engineer Officer course.

“Change in our military due to the new rank of command sergeants major is evident,” said Castano. “In the past, the sergeant major was viewed in their battalions and brigades as simply the senior enlisted, waiting for orders. This has now changed with an invigorated command for respect and responsibility for leading, preparing and motivating enlisted troops. Instead of approaching commanders with



Students at the Colombian Command Sergeants Major course traverse an obstacle course during a visit to Tolemaida, Colombia.

problems, we are approached with solutions.”

It is common for SOUTHCOM to send equivalent enlisted U.S. military members to share their experiences and challenges of the rank in their respective branches.

U.S. Navy Special Operations Command Master Chief Petty Officer Arturo Camacho and USSOUTHCOM Marine Master Gunnery Sgt. Frank Tabares experienced first hand what the participants went through during a weeklong visit.

“The professional development of senior enlisted personnel in Colombia has not always been a priority, and the benefits of the current CSM course are breaking new ground in changing the cultural mind-set,” Camacho said. “This presents a great opportunity for SOUTHCOM to incorporate the Colombian military services’ senior enlisted into this one-of-a-kind command senior enlist-

ed course.”

Tabares, SOUTHCOM’s senior enlisted Marine, agreed.

“I thought the participants were very professional and the course showed positive results, although it could benefit from a few modifications,” Tabares said.

“This is not a ‘fire and forget’ initiative,” said Wood. “In five years, I see the initiative spreading throughout the (area of responsibility) at differing levels of effectiveness and focus. Regardless of their mission, a more professionally developed and encouraged NCO corps can only have a long term positive effect on the strength and capability of their military.”

The fourth Command Sergeants Major Academy class will graduate Monday. Similar academies are being developed by USSOUTHCOM and USARSO in Ecuador, Paraguay and Brazil.

## FTX

Continued from Page 1

The seven-day FTX consists of warrior battle drills testing and evaluation, base patrols and battalion aid station training, medical and tactical situations, medical support, tactical convoy operations reactions drills and support operations.

The culminating event is a rigorous tactical movement exercise that further tests the Soldiers’ mettle and allows them to foster the “never quit” and “I will never leave a fallen comrade” warrior ethos tenets, McVeigh said.

“These are skills Soldiers are required to know and understand,” he said. “They’ll now be better able to support their unit’s wartime requirements.”



A Soldier medic from F Company performs lifesaving treatment on a wounded Soldier during a 232nd Medical Battalion field training exercise.



Photos by Capt. John Halak

Soldiers from F Company move a military operations in urban terrain site casualty during a 232nd Medical Battalion field training exercise. The battalion recently revamped their training exercise for 91W combat medics.



# Medical community bids farewell, welcomes new leader

By **Nelia Schrum**  
**Brooke Army Medical Center Public Affairs**

Great Plains Regional Medical Command and Brooke Army Medical Center welcomed a new command sergeant major at a March 24 change of responsibility ceremony.

Command Sgt. Maj. James Clifford, who is set to retire, relinquished the enlisted leadership position to incoming Command Sgt. Maj. Craig Layton, who reports to the position from Landstuhl Army Regional Medical Center in Germany.

“These ceremonies represent all that is good and important about this nation of ours – to serve something beyond one’s self takes courage, sacrifice and perseverance,” said Brig. Gen. C. William Fox Jr., who commands the Great Plains Regional Medical Command and BAMC.

He said the ceremony provided a time to honor the outgoing command sergeant major and welcome the incoming leader who will continue the mission of providing health care to fellow Soldiers and families.

The Great Plains Regional Medical Command has two medical centers, six hospitals, two health centers and 10 clinics that provide healthcare for 50 percent of the total Army and includes nearly 1 million TRICARE beneficiaries. The region has deployed 40 percent of the combat forces for Operation Enduring Freedom and Iraqi Freedom.

“The Great Plains team of nearly 20,000 people is an enormously powerful medical engine that is simply essential to the success of our expeditionary Army and our U.S. military in peace and war,” Fox said.

The region’s command sergeant major is tasked with focusing, leading and moving the command to maximum productivity while sustaining excellence. Fox said the command sergeant major serves as an adviser on all enlisted matters, a counselor of organizational effectiveness, a standard bearer, but, most importantly, functions as a devoted teacher, mentor and coach to all assigned.

Fox said Clifford had been a role model NCO leader for the Great Plains and BAMC for the last two years, culminating a 34-year career in uniformed service.

“He is a command sergeant major that through his years of service has been molded into a role model leader, teacher and mentor – a sage counselor who has absolutely lived the Army values, the NCO Creed and epitomizes our Brooke Army Medical Center motto of dedication, duty and service,” Fox said.

Fox credited Clifford with a major role in BAMC’s Joint Commission on Hospital Accreditation score that placed the hospital in the top 3 percent of all hospitals in the nation.

“You will find no one who would not testify that he has always placed the well-being of those entrusted to his leadership first and foremost in his duties,” Fox said, adding that Clifford had left an enormous legacy for the Army Medical Department.

In bidding farewell to the command, Clifford said he had seen a renewed sense of pride from every level of the medical community.

“That tells me we are on the right track and that we are making a difference every



Photo by Al Scott Jr.

Command Sgt. Maj. Craig Layton receives the Brooke Army Medical Center colors from Brig. Gen. C. William Fox Jr., Great Plains Regional Medical Command and BAMC commander, at a March 24 change of responsibility ceremony.

day in the lives of our fellow Soldiers, families and patients.”

Clifford thanked the personnel that work at the hospital for elevating the status of BAMC to levels that exceed all expectations.

Fox said that Layton is an outstanding and experienced leader, mentor, combat veteran and brings with him an endless supply of energy and passion to his work.

Layton has completed three separate command sergeant major positions in the last six years in Europe. At Landstuhl Regional Medical Center, Layton helped mold the joint medical team there into a

quality health-care machine that has borne the mission of being the single focal point of evacuation for all military wounded and non-combat wounded evacuations from the Global War on Terrorism.

Thanking Fox for his trust and confidence in his leadership, Layton pledged to know each of the Soldiers injured in the Global War on Terrorism that the region is now restoring back to health.

Layton said the personnel serving in the region could count on him.

“I am accessible, approachable, and my only focus is to support you each and everyday – 24/7.”

# Women’s History Month

## Fort Sam pays tribute to women shaping history in America

Story and photo by Elaine Wilson  
Fort Sam Houston News Leader

Fort Sam Houston gave tribute to women, past and present, who have helped shape American history during the post Women’s History Month commemoration March 24 at the Roadrunner Community Center.

The commemoration’s theme echoed that of the national celebration – “Women Change America.”

The post, however, gave the ceremony a military twist by highlighting the women serving in the military and those who already gave their lives for freedom.

“Women’s history is a story of how women have changed America and how they will continue to do so,” said Sgt. Maj. Sherry Lex, deputy commandant for the Fort Sam Houston NCO Academy.

The ceremony featured those women with a live display of military uniforms — modeled by modern-day Soldiers — dating back to World War II, when girdles were common issue and

women worked out in green and white seersucker dresses.

Although the days of wool anklets and seamed nylon hose are long gone, the legacy of female Soldiers and civilians is not.

Various speakers touched on a few of these women during the ceremony, such as Dr. Mary Walker, a surgeon taken prisoner during the Civil War. She was the only woman ever to earn the Congressional Medal of Honor.

Another woman honored was Helen Miner, who served in the 6888th Battalion during World War II. She was a member of the only unit of African-American women overseas, aside from nurses. The unit helped process mail for frontline Soldiers when a shortage of manpower caused mail shortages and a decline in morale.

The audience was surprised when Miner came to the stage to be honored in person. Miner served for 26 years in the Army and is presently an Army Community Service volunteer.

The ceremony also featured present-day Soldiers and civilians

impacting history and, closer to home, Fort Sam Houston.

Carmen Lopez, director of the Office of Equal Employment Opportunity Programs at U.S. Army Medical Command, highlighted five of those local women: Lt. Col. Evelyn Langford, Janey Baca, Linda Wharton, Elia Garcia and Deborah Seabron.

Langford, assistant chief of staff for reserve affairs for Dental Command, is the first Samoan woman in the Army to achieve the rank of lieutenant colonel.

Baca is about to step into a staff position in the plans division of the Installation Management Agency for the Southwest Region. Wharton, from the Academy of Health Sciences, Army Medical Department Center and School, was a two-time winner of an outstanding employee of the year with a disability award.

Garcia, from the Directorate of Combat and Doctrine Development at the AMEDDC&S, is involved in the development of current and future force programs and initiatives. She was also a



Charles Shelby, Army Community Service volunteer, presents Helen Miner, also an ACS volunteer, with a framed historical stamp. Miner served in the 6888th Battalion during World War II. Her unit helped process mail to the frontlines.

Medical Command nominee and finalist for the Outstanding Army Hispanic Civilian Award for 2004. And, Seabron, from the U.S. Army Garrison Plans, Analysis and Integration Office, who worked her way through the ranks from a GS-2 file clerk to a temporary GS-14, is the first woman to serve as director of the Fort Sam

Houston Readiness and Logistics Business Center. Lopez thanked all for their positive impact on the post. “Let’s not leave here believing that women’s history has been written and nothing more to follow,” Lopez said. “But rather that we remember that it continues to be written each and every day.”

## Ceremony bring women’s history to life for Soldier medics

By Ben Paniagua  
Hacienda Recreation Center

More than 120 students from the 187th Medical Battalion and the 232nd Medical Battalion learned about the positive impact women have made in the history of this nation and the military at a Women’s History Month ceremony at the Hacienda Recreation

Center March 24. Col. Bradley Freeman, 32nd Medical Brigade commander, welcomed the students to the event.

Staff Sgt. Robin Farland, who sang the national anthem, later received a standing ovation from the students after she sang “I Am Woman.”

Master Sgt. Rebecca Yuille, from the Medical Command Equal Employment

Opportunity Office, narrated a presentation of period uniforms worn by women in the military throughout history.

Command Sgt. Maj. Kevin B. Stuart then read a poem about the importance of women in history and daily life. The poem was followed by, “Tribute to our Fallen Comrades,” a video presentation honoring female service members.

“I thoroughly enjoyed the evening,” said Spc. Lorens Bernardez, Company E, 232nd Medical Battalion. “I learned of some great things that women have done for this country and how they have sacrificed so much for us,” he said.

The event was sponsored by the 32nd Medical Brigade EEO office and the Hacienda Recreation Center.

# AAFES strives for lowest gas prices in town



With the seemingly endless increase in the price of gasoline, many customers may wonder how Army and Air Force Exchange Service determines the price of gasoline sold on post.

AAFES policy requires each military installation to conduct weekly surveys of at least five service stations which have been deemed as the local competition.

At Fort Sam Houston, Tom Goodloe, the AAFES general manager, requires daily surveys of seven competitors to provide the best price possible. Using the survey prices, the AAFES price is then established at a price equal to the lowest price surveyed for each grade of fuel sold. Surveys are conducted and the daily price is set before store opening each day. Since off-post establishments may change their prices at any time during the day, price changes will be effective on post the following day.

It may come as a surprise that although merchandise purchased at AAFES is not taxed, Congress has mandated that AAFES must pay state and local motor fuel taxes, as well as underground storage fees. The state motor fuel taxes and other applicable fees paid by AAFES are included in the motor fuel price to customers.

The Department of Defense requires that AAFES prices be fair and competitive with the local community, yet allow enough income to cover operating expenses and generate funds for the Morale, Welfare and Recreation fund. Based on 2004 sales, more than \$1.75 million was returned to local Fort Sam Houston MWR initiatives.

For more information or to have an outside competitor added to the AAFES gasoline survey list, call 224-2021.  
(Source: AAFES)

# CIOR seeks reserve officers for worldwide military skills competition

The Interallied Confederation of Reserve Officers, or CIOR, seeks well-rounded athletes to represent the United States in a military skills competition.

Any service member with a reserve commission can apply to participate in a three-week-long advanced military skills course that culminates in a worldwide NATO competition in Belgium.

The U.S. Army Reserve Command will sponsor the next three-week training cycle at Fort Sam Houston from June 23 to July 16. Up to 50 reserve officers and cadets who apply by April 15 will be invited to attend April 22 by a joint service selection committee.

Participants are trained at highly advanced levels in map reading and land navigation, rifle and pistol marksmanship, and land and water confidence courses. Participants also receive

training in leadership development, NATO policies including the law of war, combat first aid, and selected fitness and nutrition topics developed by the Army Physical Fitness School.

At the completion of the training, selected top performers will be invited to test their skills against their peers from 19 NATO countries in a four-day military competition in Eupen, Belgium, Aug. 3 to 6.

Warrant officers 1 through 4 and cadets are encouraged to participate.

The course is mentally and physically challenging and applicants must be able to meet the standards listed at [www.uscior.army.mil](http://www.uscior.army.mil).

For more information or application procedures, call 221-1206 or go to [www.uscior.army.mil](http://www.uscior.army.mil).  
(Source: CIOR)

## Year-round mosquitoes increase risk of heartworm



With San Antonio’s warm winters and hot summers, mosquitoes are a year-round nuisance. It also means that heartworm disease is a year-round problem for pets.

Heartworms are a blood parasite carried by mosquitoes. It starts when a mosquito bites an infected dog and ingests immature larvae. The mosquito then deposits the immature larvae into the blood stream of an uninfected dog. The larvae develop and migrate into the dog’s heart and lungs, where they grow to enormous lengths (up to 14 inches). Eventually, this infestation

causes severe heart and lung problems and can lead to death. Symptoms such as lack of energy, appetite loss and coughing may occur.

Pet owners should have their dog tested for heartworms. If negative for heartworms, the veterinarian can administer an appropriate preventative to ensure the dog stays heartworm free. Dogs that test positive for heartworms have to undergo special treatments; however, treatment for heartworm positive dogs is expensive and is not 100 percent safe.

Prevention is the key and preventatives must be given on time to maintain a dog’s health. Per Army Medical Department Center and School and Fort Sam Houston Regulation 40-3, all Fort Sam Houston residents must have their dogs tested periodically and placed on veterinarian approved heartworm prevention.

For more information, people should contact their veterinarian or call Fort Sam Houston Veterinary Services at 295-4260.  
(Source: South Texas Branch Veterinary Services)

### DO YOU KNOW WHAT IS ON YOUR CREDIT REPORT?

Would you like to get a credit report and have it reviewed by a credit specialist?  
For more information on how you can do this, call the Financial Readiness Branch of Army Community Service at 221-1612.





# Army restores tuition assistance, offers back payment to Soldiers

WASHINGTON, D.C. — Army tuition-assistance funding has been restored following a period in February and March when demand exceeded funding available at many installations.

The Army’s Human Resources Command has also issued an exception to policy authorizing “after-the-fact” tuition assistance reimbursement for Soldiers who incurred personal expense to continue with college courses.

“This is a one-time exception due to the extraordinary circumstances in February and March when many Education Centers were unable to provide tuition assistance,” said L. Dian Stoskopf, chief of Human Resource Command’s Education Division, in a memorandum authorizing installation education centers to offer the exception.

“Our hope is that we can reach every one of the Soldiers who ran into a problem with tuition assistance,” said Patricia Dumire, chief of Army Continuing Education Services for the Army’s Installation Management Agency.

The Installation Management Agency distributes tuition assistance funding from the Army to the installation education centers. This year, the

Army Budget Office has allocated funding to IMA on a quarterly basis. College enrollment timelines typically peak in September through March, which doesn’t quite fit into the new system of equal quarterly allotments. In the future, funding for tuition assistance will be centralized to eliminate the problem, officials said.

Funding for tuition assistance dried up unexpectedly in March because of exceptionally high Soldier demand, officials said.

“In a way, this is a good news story,” Dumire said. “Soldiers are taking advantage of their tuition assistance benefits to enhance their education.”

IMA has received \$21.4 million to subsidize the immediate tuition assistance shortfall. Soldiers who paid for courses out of pocket or who did not register for a class due to lack of funding should go to the education center by April 15 to make arrangements for tuition reimbursement or late enrollment.

Requests for special exception after April 15 will be forwarded to Human Resources Command for consideration.

(Source: IMA Public Affairs)

## CAREER CLIPS

*The Army Career and Alumni Program office provides numerous services to eligible people in transition including job assistance. Information on these and other positions is available to ACAP customers in the ACAP Office, Building. 2264, or call 221-1213.*

**Wellness Director, San Antonio:** Responsible for scheduling, supervising, training of care associates and ensuring delivery of quality resident care in a social environment. Supervise, mentor and train care professionals; coordinate the delivery of services outlined in the personal service plans.

**Manager Admin, San Antonio:** Four years business experience, typing proficiency, PC experience, ability to operate standard office equipment.

**Material Cost Estimator, San Antonio:** Develop, document, present and deliver high quality, soundly substantiated and timely cost estimating products; cost estimates, what-if analysis, contractor proposal analysis, engineering change proposals cost analysis, schedule predictions and forecast and analyses, time-phasing, cost risk analysis and cost trade studies for the U.S. Air Force Space Cryptographic Modernization Program.

## Why wear seatbelts?

- Newer seatbelt design allows total freedom of motion while driving.
- People who are thrown from cars are 25 times more likely to be killed than if they had been held securely in their seats.
- The majority of all car accidents occur within 25 miles of home.
- Eighty percent of all serious injuries and fatalities occur in cars going 40 mph or slower.
- You may be a good driver, but there are situations beyond your control such as weather and road conditions that can affect your safety.
- Seatbelts are 57 percent effective in preventing traumatic and fatal brain injuries.
- According to the National Highway and Traffic Safety Administration, over the last 10 years, safety belts have prevented some 55,600 deaths, 1,300,000 injuries and saved more than \$105 billion in costs.

(Source: Fort Sam Houston Safety Office)







The Easter Bunny, assisted by Sgt. 1st Class Edward Jones, visits with the Burns family at the Soldier and Family Assistance Center Sunday.

# Easter Bunny visits Soldiers, family members at SFAC

Story and photos by Phil Reidinger  
Public Affairs Office

Sunday was a special day at the Soldier and Family Assistance Center as members of the post and San Antonio communities shared holiday festivities and enjoyed supper with Soldiers and their families.

A plentiful array of food and desserts was spread out on several tables for a buffet style meal, including ham donated by the San Antonio Apartment Association and served by members Patricia Begalka, David Burris and Michael Irby. Fried chicken and potato salad arrived from the Lonesome Dove Ranch, and SFAC volunteer, Kim Taylor, prepared and served strawberry shortcake. Many cakes, pies and chocolate treats donated by community volunteers added to the dessert menu.

The big event for the children, both young and old, was the arrival of the Easter Bunny, played by Mary McLaughlin. Shannon McLaughlin lent a hand in preparing the dinner rolls and carrying the Easter treat basket for her mother. Members of the Military Order of the Purple Heart helped prepare the center for the Easter party.



The Easter Bunny, Mary McLaughlin, enjoys a traditional hug from a Soldier as she presents gifts and Easter treats to the Soldiers during the Easter dinner. The chocolate bunnies and eggs with enclosed prizes were a big hit with the Soldiers.

## Family time



Courtesy photo

Members of the 228th Combat Support Hospital Family Readiness Group celebrate the arrival of spring March 19 at Salado Creek Park on Fort Sam Houston. The event featured an Easter egg hunt, moon bounce and a birthday celebration. This is just one of the many events the 228th FRG organizes to keep the families' spirits high while their Soldiers are deployed to Iraq. The 228th CSH Soldiers are providing medical care for coalition forces. For more information about FRGs in the local area, call Chere Harper at 221-2705.

## 2005 annual ethics training schedule

Ethics training for U.S. Army Medical Department Center and School and Fort Sam Houston Garrison units has begun for 2005:

Date	Start Time	Location
Monday	9 a.m.	Evans Auditorium
Wednesday*	9 a.m.	Wood Auditorium
April 27	9 a.m.	Blesse Auditorium
May 6	9 a.m.	Evans Auditorium
May 19	9 a.m.	Blesse Auditorium

Blesse Auditorium is in Building 2841, Evans Auditorium is in Building 1396 and Wood Auditorium is in Building 2792. The training takes about one hour.

The Secretary of the Army requires every Soldier and civil service employee to attend ethics training annually. The staff judge advocate and officials from the AMEDDC&S and post will present the training and maintain sign-in rosters for commanders and supervisors to verify attendance of their employees. People can access the sign-in rosters by opening the Adobe Acrobat Reader and the SJA ethics roster folder on the G drive. Sessions for the hearing impaired will be scheduled and announced as required. For more information, call Gerald Krimbill, Shelby Tanner or Capt. Brian Underdahl at 221-2373 or 221-0485.

\*The April 6 class will be taught by people from the Department of the Army Standards of Conduct Office at Wood Auditorium in MEDCOM Headquarters, Building 2792. Attendees will have the opportunity to ask Army experts ethics questions.



# Gardner highlights USARSO missions in Southern Hemisphere

Story and photo by Phil Reidinger  
Fort Sam Houston Public Affairs

Maj. Gen. John Gardner, U.S. Army South commander, was the keynote speaker at the Alamo Chapter, Association of the United States Army luncheon March 23.

Gardner described the USARSO missions and explained the command organization that supports operations in the Caribbean, Latin America and South America.

USARSO supports several annual medical exercises by reserve component medical units in South American countries. Through these exercises, dental, ophthalmology, preventive medicine and veterinary assistance are provided to those countries. The South American people are very appreciative of the assistance they receive.

USARSO also will host military unit training exchanges with El Salvador, Chile and Bolivia this year in addition to the New Horizons engineer deployments that will support construction of schools, wells and medical clinics in the region.



Lt. Gen. Robert Clark, Fifth U.S. Army commander, and Maj. Gen. John Gardner, U.S. Army South commander, welcome Louis Stumberg, civilian aide to the Secretary of the Army, prior to the Alamo Chapter, Association of the United States Army luncheon held at the Sam Houston Club, March 23.

Gardner noted that the Southern Hemisphere countries are especially important to America’s national interests. He said that one-third of the oil imported to the United States comes from Colombia and Venezuela and that export to Latin American countries comprise 25 percent of United States exports.

## Thank you messages



Photo by Esther Garcia

Doris Trimble, Army and Air Force Exchange Service employee, observes as Abigail Zaragoza writes “I miss you” to her uncle, who is stationed in Iraq, and Senior Airman Dominico DeLa Fuente and his son, Mathew, write a message for all the troops to come home safe. The banner titled, “We all have a hand in securing our freedom,” was available in front of the Post Exchange for patrons to outline their hands and write messages inside the hands. AAFES will forward the banner to exchanges in Iraq and Afghanistan.



# Effective parenting

## Identifying parenting styles can help improve children’s self-esteem

By Marjorie Loya  
Family Advocacy Program Manager

The way people think of themselves in a negative or positive manner is described as self-esteem.

Parents have the awesome responsibility of helping children develop and build their self-esteem. It all begins at home from the moment of birth. Building a child’s self-esteem is like building a three legged table – unless all three legs are even and equally strong, the table will not be able to serve its intended purpose. Children need to know that they are loved by the magic people in their life, and that they have the skills they need to make it. Furthermore, they need to know that they are capable of taking control of their lives. Foster Cline, M.D., and Jim Fay identify ineffective parenting styles in their book “Parenting with Love and Logic” as follows:

**Helicopter Parents**

Some parents think love means rotating their lives around their children. They hover over and rescue their children whenever trouble arises. They are forever

running lunches, permission slips and homework assignments to school. They are always pulling their children out of jams, and not a day goes by when they’re not protecting their little ones from something. As soon as their children send up an “SOS” flare, helicopter parents, who are hovering nearby, swoop in and shield the children from teachers, playmates and other elements that appear hostile. But the real world does not run on the bail-out principle. Traffic tickets, overdue bills or taxes do not disappear because a loving benefactor bails us out. Helicopter parents fail to prepare their kids to meet that kind of world.

**Drill sergeant parents**

These parents love their children. They feel that the more they control, the better their kids will be in the long run. They take the stand that “These kids will be disciplined,” “They’ll know how to act right.” Indeed, the children are constantly told what to do. When drill sergeant parents talk to children, their words are often filled with putdowns and “I-told-you-so.” If children don’t do what they’re told, drill

sergeant parents will make them do it. Kids of drill sergeant parents, when given the chance to think for themselves, often make horrendous decisions. They are rookies in the world of decisions. They’ve never had to think – the drill sergeant took care of that.

Both of these parents send negative messages to their children about what they think of their kids’ capabilities. The helicopter parents send the message to the children that they are fragile and can’t make it without the parents. The drill sergeant parents’ message is that their children can’t think for themselves, so they will do it for them. While both types may successfully control the children in the early years, they have thrown major obstacles into the kids’ path once they hit the “puberty trail.”

**Effective parents**

These parents learn to use different techniques with kids who live in today’s complex, rapidly changing world. Effective parenting centers on love: love that is not permissive, love that doesn’t tolerate disrespect, but also love that is

powerful enough to allow kids to make mistakes and permit them to live with the consequences of those mistakes. Some parents build walls in the form of firm limits for their children; others leave their kids to feel insecure and afraid by providing few limits, or limits that crumble easily. Effective parents set limits for behavior and stick to the consequences with “no anger, no threats and no fighting words.”

When parents discipline their children, they must show empathy, not anger, and show their sincere, loving concern when the consequences hit. Kids seem most secure around parents who are strong, who don’t allow the limits they place on them to crumble. Parents need to raise responsible kids, equip them with skills to make the move from total dependence to independence – from being controlled to controlling themselves.

April is Military Child Month and Child Abuse Prevention Awareness Month. Army Community Service Family Advocacy Program will sponsor a variety of activities throughout the month of April. For more information, call Marjorie Loya at 221-9826 or 221-0349.

**Parent University**

The Family Advocacy Program will sponsor a Parent University in celebration of Child Abuse Prevention and Awareness Month April 12 to 15 at the Dodd Field Chapel. The classes are designed to enhance family relationships and provide parenting education. Class times will be from 8:30 a.m. to 8 p.m. April 12 to 14 and from 8:30 a.m. to 12:45 p.m. April 15. Topics include stress management, raising your child’s self esteem, working with your child’s school, behavior management, keeping kids safe and child safety. The event also features crafts and informational classes. Registration deadline is April 6. Childcare will be provided. For more information, call 221-0349 or 221-2418.



# SPORTS

## SPORTS BRIEFS . . .

### All Army Men's Basketball

Applications are being accepted through April 20 for the All Army Men's Basketball team. The Trial Camp is June 21 to July 16. People can pick up applications from the Intramural and Varsity Sports office at the Jimmy Brought Fitness Center. For more information, call Earl Young at 221-1180.

### Youth football program

The Gator's Youth Football Program seeks adult volunteers to coach and teach flag and tackle football and cheerleading. For more information, call 228-4115 or e-mail exercise@webnow.com.

### Track and field registration

The Fort Sam Houston Amateur Athletic Union Track and Field Club registration will continue through May 20. Registration is open from 10 a.m. to 7 p.m. at the Youth Center, Building 1630, for 5- to 18-year-olds. Fees are \$75 for military, retirees and Department of Defense personnel, and \$85 for civilians. Uniforms will be provided. Practice days are Mondays, Wednesdays and Thursdays from 5:30 to 7 p.m. at the Cole High School track starting April 4. Military and DoD personnel must be registered with Child and Youth Services. For more information, call 221-3502 or 221-5513, or Coach Avery Chester at 279-4366.

## Spurs honor military with special night

By Alexandra Nordeck  
Morale, Welfare and Recreation Marketing

A sold out crowd of 18,797 attended the Spurs Military Appreciation night Friday at the SBC Center.

The game honored the military by offering free admission to Soldiers from the Soldier and Family Assistance Center and their families. Additionally, tickets were offered at a discount to Department of Defense ID card holders. Season ticket holders gave up their courtside seats and privately-owned suites for military members.

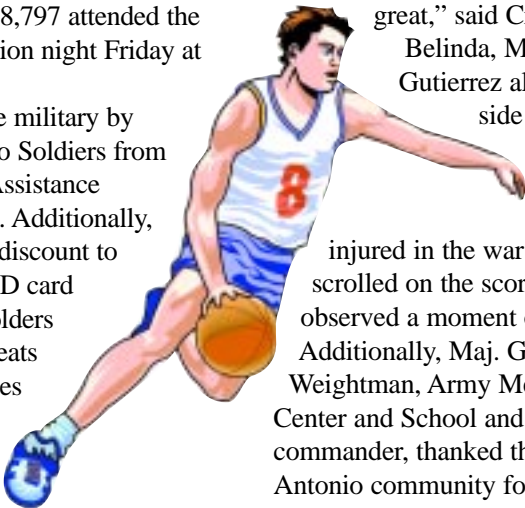
Tinkia Crittendon, who was sitting with her family in a terrace

suite, said she appreciated the gesture by the Spurs to honor the military. "Events like this boost the morale of the Soldiers; it's great," said Crittendon.

Belinda, Maria and Javier Gutierrez also enjoyed their courtside seats and the night.

During half time, the names of military members fallen or injured in the war on terrorism were scrolled on the scoreboard as the crowd observed a moment of silence.

Additionally, Maj. Gen. George W. Weightman, Army Medical Department Center and School and Fort Sam Houston commander, thanked the Spurs and the San Antonio community for their continued support of the military.



# MWR

## Recreation and fitness

### MWR programs

The Morale, Welfare and Recreation will have table at the PX Tuesday from 11:30 a.m. to 1:30 p.m. for informational materials on MWR facilities and summer programs. There will also be free giveaways.

### Senior Olympics archery tournament

Fort Sam Houston will host the tournament at the outdoor archery range April 10 from 9 a.m. to 12 p.m. The archers will compete for a gold medal for shooting at 60-, 50- and 40-yard intervals. For more information, call the Outdoor Equipment Center at 221-5224 or 221-5225.

### Health and wellness fair

Stop by the free health and wellness fair April 13 from 10 a.m. to 2 p.m. at the Jimmy Brought Fitness Center. Event highlights include cholesterol screening, diabetes screening, proper weight training, nutrition information and much more. Free food, raffles and T-shirts will be available for those who attend. People who wish to have a cholesterol screening should fast 12 hours before the screening. For more information, call 221-2020.

### Red Cross lifeguard class

The Jimmy Brought Fitness Center will hold a Red Cross lifeguard class for all people interested in becoming lifeguards. Participants must be 15 years of age or older and have a valid DoD ID card. The class is four days, Saturday and Sunday and April 16 and 17 from 9 a.m. to 5 p.m. each day. Cost is \$165 and includes course materials and AED training. For more information or to register, call the pool staff at 295-8861.

### Catfish pond at Camp Bullis

The catfish pond is open Saturdays and Sundays from noon to 6 p.m. The pond is

pay-as-you-go. Catfish are \$1.75 per pound, live weight. Catch and release is not authorized. A fishing license is not required, and there is no daily fee.

### Free cycling classes

Get your heart pumping with these fast-paced rides set to music offered at the Jimmy Brought Fitness Center Mondays through Thursdays from 11:45 a.m. to 12:30 p.m. There will be an additional class Wednesdays from 4:45 to 5:30 p.m. in addition to regularly-scheduled class.

### Archery lessons

The Outdoor Equipment Center offers individual and group archery lessons. Instruction is given at the level of experience. Children are welcome, but must be accompanied by an adult if under the age of 18. Participants should wear full-covered shoes and not wear oversized shirts or pants. For more information, call the Archery Shop at 221-5225.

### Equipment rentals

The Outdoor Equipment Center offers a wide variety of recreational equipment for rent, ranging from fishing boats to travel trailers and other camping equipment. Other items available for rental include large BBQ/smoker pits on trailers, canopies, tables, chairs, and play bouncers and dunking booths for unit gatherings or birthday parties. Utility trailers (both open and covered) are also available. For more information, call 221-5224.

### Trail rides

The Equestrian Center offers one-hour trail rides every Saturday and Sunday all year long. Patrons ages 7 and up are welcome; however, adults must accompany all children. Cost is \$20 per person. Reservations are required and may be made by visiting the Equestrian Center or by phone. Riding times are from 8:30 to 9:30 a.m., 10 to 11 a.m., 12:30 to 1:30 p.m. and 2 to 3 p.m. For more information, call 224-7207.

### Women only fitness

The Central Post Gym in Building 961 will be reserved for use by women only on Mondays, Wednesdays and Fridays from 8:30 to 11 a.m. and 5 to 7:30 p.m. Stop by and work out on our cardio equipment, free weights and resistance machines. The facility also has a basketball court, equipment issue room and locker rooms. For more information, call 221-3593.

## Dining and Entertainment

### Sam Houston Club, 224-2721

#### Sunday brunch

The Sunday brunch is from 10 a.m. to 1:30 p.m. and is \$11.95 for members, \$13.95 for nonmembers.

#### Sam's sports bar

Sam's Sports Bar will feature San Antonio's Hottest D.J.s April 8. The bar opens at 4:30 p.m.

#### Big bucks bingo

This Saturday is big bucks bingo. A \$10,300 giveaway is guaranteed.

#### Bingo

Come play bingo Thursday and Friday nights and Saturday afternoons. Free buffet is available for bingo players.

#### Weekday buffet

The club features an "all you can eat" buffet which includes beverage, deluxe salad bar, soup and dessert Monday through Friday from 11a.m. to 1 p.m.

### Golf Club, 221-4388

#### Spring Sale

For the spring sale, select clothing at the Golf Club store will be 25 percent off.

#### Junior camp 2005

Classes will be offered on putting, chip-

ping, etiquette, safety, irons, driver and fairway and woods.

#### Golf lessons

Private customized and personalized instruction are offered at the Golf Course.

### Bowling Center, 221-3683

#### Family Bowling Day

Every Sunday, adults and children 12 and up pay \$1.75 per game (children under 12 bowl free). Shoe rental is \$1.

#### Soldiers Appreciation

Soldier appreciation day is Saturdays from 11 a.m. to 8 p.m. The center offers free shoe rental and medium soda with purchase of game.

#### Cyber Bowl

Cyber bowl is Saturdays from 8 p.m. to 10 p.m. The cost is \$10 per person 12 and up and \$5 per person under 12.

### Harlequin Dinner Theatre

"Driving Miss Daisy" will be performed through Saturday. Discounts are available for military members and students. For show times and tickets, call the box office at 222-9694.

### MWR Ticket Office

The ticket office has discount tickets available for several different events and attractions. For more information, call 226-1663 or visit [www.portsamhoustonmwr.com](http://www.portsamhoustonmwr.com).

## Lucky MWR patron



Photo by Alexandra Nordeck

Barbara George, chief Business Operations Division, awards Capt. Paul Michael of Brooke Army Medical Center his prize. Michael won a drawing at the bowling center for a weekend getaway to New Orleans. He received airfare, a rental car, hotel accommodations and a meal voucher. This event was sponsored by Southwest Airlines, Hertz Car Rental, Comfort Suites, Caliber Collision Centers and Morale, Welfare and Recreation.



**Win Spurs tickets on the spot**

Throughout April, visit Morale Welfare and Recreation facilities where facility managers will randomly award four Spurs tickets to patrons for a home game in April.

April Health Promotion calendar

Class	Date	Time
Weigh for Health	Friday	12 to 1:30 p.m.
Breastfeeding Support Group	Friday	1 to 2:30 p.m.
Adult Asthma	Friday	2 to 3:30 p.m.
Diabetes Education	Monday	12:45 to 4:30 p.m.
Colonoscopy	Tuesday	10:30 to 11:30 a.m.
Diabetes Education	Tuesday	12:45 to 4:30 p.m.
Stress Management	Tuesday	1 to 2:30 p.m.
Office Yoga	Wednesday	12 to 1 p.m.
Fibromyalgia Treatment Program	Wednesday	1 to 3:30 p.m.
Weigh to Stay	Wednesday	3 to 4 p.m.
Self Care and Health	8	9 to 11 a.m.
Breastfeeding Support Group	8	1 to 2:30 p.m.
Pediatric Asthma	8	2 to 3:30 p.m.
Diabetes Education	11	12:45 to 4:30 p.m.
Diabetes Foot Care	11	1 to 2:30 p.m.
Colonoscopy	12	10:30 to 11:30 a.m.
Diabetes Education	12	12:45 to 4:30 p.m.
Breast and GYN		
Cancer Support Group	13	9:30 to 11 a.m.
Office Yoga	13	12 to 1 p.m.
Self Care and Health	14	9 to 11 a.m.
Body Fat Testing	15	8 to 11 a.m.
Weigh for Health	15	12 to 1:30 p.m.
Breastfeeding Support Group	15	1 to 2:30 p.m.
Adult Asthma	15	2 to 3:30 p.m.
Cholesterol	18	9 to 11:30 a.m.
Diabetes Education	18	12:45 to 4:30 p.m.
Winning Combination #1	18	1 to 2:30 p.m.
Arthritis	19	9:30 to 11 a.m.
Colonoscopy	19	10:30 to 11:30 a.m.
High Blood Pressure	20	9 to 12 a.m.
Office Yoga	20	12 to 1 p.m.
Active Duty Self Care	21	8 to 11 a.m.
Breast and GYN		
Cancer Support Group	21	1:30 to 3 p.m.
Breastfeeding Support Group	22	1 to 2:30 p.m.
Pediatric Asthma	22	2 to 3:30 p.m.
Diabetes Education	25	12:45 to 4:30 p.m.
Colonoscopy	26	10:30 to 11:30 a.m.
Diabetes Education	26	12:45 to 4:30 p.m.
Office Yoga	27	12 to 1 p.m.
Weigh for Health	29	12 to 1:30 p.m.

To schedule Diabetes Education through the Internal Medicine Clinic, call 916-0794. Appointments for the Fibromyalgia Treatment Program require a consult from a primary care manager to Behavioral Medicine. Schedule Winning Combination, Weigh for Health and Weigh to Stay through the Nutrition Care Division at 916-5525. A colonoscopy requires a consult from a primary care manager to the Gastroenterology Clinic.

Camp Bullis Health Clinic launches Self Care Education Program

The Camp Bullis Health Clinic will launch its Self Care Program April 8 with its first quarterly Self Care and Health class.

The class is taught by subject matter experts from Brooke Army Medical Center Health Promotion, outpatient nutrition clinic, pharmacy and community health nursing.

Attendance at the class will allow people to receive over-the-counter medications from the Camp Bullis Health Clinic Pharmacy. Also, people will learn how to take care of their health over a lifetime.

The Self Care and Health class consists of three parts: nutrition, over-the-counter medications and self care. The class focuses on people taking responsibility for their health, eating a well-balanced diet, and choosing and using

appropriate over-the-counter medications and home remedies for relief of minor illnesses.

The information given applies whether people are accessing healthcare at BAMC or in the San Antonio community.

The Self Care and Health class will be held April 8 at Camp Bullis in Building 6107 from 9 to 11 a.m. The class is open to active duty, family members and retirees. Adult family members will be able to receive OTCs for minors; however, each adult family member must attend the class and receive authorization to receive OTCs for themselves.

Register prior to April 8 by calling Health Promotion at 916-3352 or 916-1425; space is limited.

(Source: BAMC Health Promotion)

Army offers support to health care students

The U.S. Army Health Professions Scholarship Program offers a unique opportunity for financial support to health care students.

The Army will pay 100 percent of students’ tuition, required books, rental of nonexpendable equipment and most academic fees. Students also receive a monthly stipend.

Scholarships are available to students in the areas of medicine, osteopathy, dentistry, optometry and nurse anesthesia.

For more information about eligibility, pay service obligation and application procedures, call the U.S. Army Health Care Recruiting Team at 692-7376 or mail 2040 Babcock Road, Suite 406, San Antonio, TX 78229-4428.

Akeroyd Blood Center urges donors to give “5 in ‘05”

The Akeroyd Blood Center challenges eligible blood donors to give five donations during 2005 during its “5 in ‘05” campaign.

Participating donors will receive a “5 in ‘05” card and be recognized at a special ceremony at the end of the year.

To donate, call the Akeroyd Blood Center at 295-4655 or 295-4989 or stop by the center at 1240 Harney Road between 7:30 a.m. and 3 p.m. weekdays.



2005 Brown Bag Series Calendar

<b>Wednesday</b> 11:30 a.m.	Angela Swain Family Advocacy victim advocate Topic: Creative Anger Management Styles
<b>May 4</b> 11:30 a.m.	Rudy Garza CPAC personnelist Topic: National Security Personnel System

Sessions are at the San Antonio Credit Union Training Room. For more information, call 221-9401 or 221-9356 or e-mail Maria.preda@samhouston.army.mil. If reasonable accommodation is needed, call 221-9401 in advance.



# Planting appropriately makes landscape maintenance easier

By Jackie Schlatter  
Environmental and Natural Resources Office

*(Note: This is the third in a series of articles concerning “green living” and water conservation.)*

Planting soon after purchase while plants are still fresh can avoid unnecessary transplant shock. Dig planting holes two to four times the width of the original container. The hole should be the same depth as the container. Place the plant in the hole so that the top of the rootball is even with the natural soil grade. Backfill the hole with a good soil mixture including hydro crystals for holding water. Compress the filled mixture several times during backfilling to prevent air pockets. Water thoroughly and deeply after planting; cover rootball and adjacent soil with organic mulch.

Mulching is the addition of material as a top dressing to bare soil areas such as garden beds. The best time to mulch for water conservation is in the late spring, after the soil has absorbed water from spring rains but before the summer heat begins to dry out the soil. Always mulch new plantings and transplants. Spreading mulch to garden beds provides many benefits to plants such as preventing water runoff and soil erosion, keeping soil temperature cooler and providing organic nutrients to soil as they decompose.

Most soils benefit from adding organic matter to them. Since typical soils in San Antonio are heavy clays, it is useful to add compost, pine bark or peat moss into the soil before planting.

For planting beds, spread 2 to 4 inches of organic matter and mix to a depth of 6 inches. To backfill a tree or shrub planting hole, mix one third organic matter into the existing soil. Add hydro crystals to the soil to aid in holding water in the soil for the plant.

To have a healthy and beautiful lawn, design turf areas in compact shapes to water and mow more efficiently and water separately (as a zone) from other landscape plants. There are four grass types each requiring a different type of maintenance:

- Buffalo grass is a native prairie grass which grows to 6 inches and can be left unmowed. It normally requires full sun, but newer varieties have better shade tolerance.

- Bermuda grass is a very common drought-tolerant grass in Texas and requires full sun.

- Zoysia grass is a slow-growing grass for full sun to partial shade and works well in San Antonio.

- St. Augustine grass is best for shady spots but it has poor drought and freeze tolerance. It should not be grown in full sun as it will require a lot of water.

Avoid planting grass on slopes as they are difficult to mow and water without runoff occurring. Plant groundcovers instead.

For more information about planting trees, shrubs and grass, call Jackie Schlatter, Environmental and Natural Resources Office, at 221-5093 or stop by a local landscape or garden center.

# 232nd Medical Battalion announces Soldier, Junior Leader of the Week

(Right) Spc. Anthony J. Ossorio, Soldier of the Week, is from Naples, Fla. “I have always wanted to be a paramedic and to join the Army after high school.” Ossorio said. “I went to college first and then made the decision to join the Army.” The most valuable lesson Ossorio learned while assigned to the 232nd Medical Battalion is that besides learning basic life saving, he learned about Army values, the positive effects of teamwork, becoming a better Soldier and understanding the soldierization process. Ossorio plans to pursue a career in federal law enforcement or become a registered nurse or another medical specialty.



Courtesy photos



(Left) Pvt. Pedro X. Benavidas, Junior Leader of the Week, is from Austin, Texas. Benavidas, assigned to the National Guard, said he joined the National Guard to get medical training and financial assistance to further his education. The most valuable lesson he learned while with the 232nd Medical Battalion is that “if you apply yourself and give it your best, you will be rewarded.” Benavidas plans to continue with medical training and become a firefighter in Austin. Benavidas enjoys movies, soccer, working out and being with friends.

# RELIGIOUS HAPPENINGS . . .

## Passover service

Passover will be observed from sundown April 23 through sunset May 1 directly following the Sabbath. April 24 and 25 and April 30 and May 1 are days of religious obligation for Jewish people. Leave should be granted whenever possible to enable Jewish people to properly observe the festival and the preceding Sabbath.

## OCF Bible study

The upcoming Officers’ Christian Fellowship Bible study sessions will be Friday, April 15, 29 and May 13 at 1008 Gorgas Circle near old Brooke Army Medical Center from 6 p.m. for dinner and 7 p.m. for class. For more information, call Lt. Col. Bob Griffith at 226-1295 or e-mail rgriffith3@satx.rr.com.

## Antiterrorism Awareness

- Consider using these practices to enhance office security:
- A clean desk policy facilitates security by making it difficult to hide intelligence collection or explosive devices in offices.
  - Avoid leaving papers, correspondence, communications materials and other documents in plain view or unattended overnight.
  - Lock office doors when vacant for any lengthy period at night and on weekends.
  - Keep unused offices locked to prohibit unauthorized or undetected access.
  - Arrange office interiors so that strange and unfamiliar objects left in the room will be immediately noticed.
- For more information, call Terri Stover, Fort Sam Houston Antiterrorism Office, at 295-0535.

## Post Worship Schedule

<b>Main Post Chapel</b> , Building 2200, 221-2754 <b>Catholic Services:</b> 4:45 to 5:15 p.m. - Confessions - Saturdays 5:30 p.m. - Mass - Saturdays 9:30 a.m. - Mass - Sundays 11:30 a.m. - Mass - Weekdays <b>Protestant Services</b> - Sundays: 8 a.m. - Traditional Protestant 11 a.m. - Traditional Protestant <b>Jewish Services:</b> phone numbers: 379-8666 or 493-6660 Fridays: 8 p.m. - Worship and 8:30 p.m. - Oneg Shabbat	<b>Troop Protestant Gospel Services:</b> Sundays: 11:30 a.m. - 32nd Med. Bde. Soldiers <b>Troop Protestant Service:</b> 9 a.m. - 32nd Med. Bde. Soldiers
<b>Dodd Field Chapel</b> , Building 1721, 221-5010 or 221-5432 <b>Catholic Services</b> - Sundays: 12:30 p.m. - Bilingual Mass <b>Protestant Services:</b> 10:30 a.m. - Collective Gospel Protestant - Sundays 9:30 to 11:30 a.m. - Women’s Bible Study (PWOC) - Wednesdays, childcare is provided	<b>FSH Mosque</b> , Building 607A, 221-5005 or 221-5007 1:30 p.m. - Jumma - Fridays 10:30 a.m. - Children’s Religious Education - Sundays 7:30 p.m. - Adult Religious Education - Thursdays
<b>AMEDD Regimental Chapel</b> , Building 1398, 221-4362 <b>Troop Catholic Mass:</b> Sundays: 10 a.m. - 32nd Med. Bde. Soldiers	<b>Brooke Army Medical Center Chapel</b> , Building 3600, 916-1105 <b>Catholic Services:</b> 8:30 a.m. - Mass - Sundays 11:15 a.m. - Mass - Sundays 11 a.m. - Mass - Weekdays <b>Protestant Services:</b> 10 a.m. - Worship Service - Sundays Noon - Worship - Wednesdays  <b>232nd Medical Battalion Classroom</b> , Building 1380, 221-5005 or 221-5007 <b>Mormon Services:</b> 10:30 a.m. - Sundays  <b>Web site:</b> <a href="http://www.cs.amedd.army.mil/chaplain">www.cs.amedd.army.mil/chaplain</a>

## Crunch time for taxes

Tax returns must be postmarked by midnight April 15 to be filed on time. The Fort Sam Houston Tax Assistance Center can help people make that deadline. All active duty service members, retirees, family members and reservists on active duty orders for more than 29 days are eligible for assistance. The center is located in the former Officers’ Club, Building 407, on Dickman Road, and is open Tuesday through Saturday from 9 a.m. to 5 p.m. People can also use the satellite tax center on the fifth floor of Brooke Army Medical Center. The BAMC Tax Center is open Monday through Friday from 9 a.m. to 5 p.m. To make an appointment, call 295-1040.



# SCHOOL NEWS

## FSH Independent School District Weekly Campus Activities Monday to April 10

### Fort Sam Houston Elementary School

**Tuesday**

Grade 5 Texas Assessment of Knowledge and Skills Math (state-mandated)

**Wednesday**

Early dismissal for staff development

**April 7**

PTO board meeting, 12 p.m.

**April 8**

Spirit Day

### Robert G. Cole Jr./Sr. High School

**Monday**

Baseball at Blanco, 7 p.m.

**Tuesday**

AP history field trip to Nimitz Museum (Fredericksburg, Texas), all day

UIL band concert contest at Clemens High School, TBA

**Wednesday**

JROTC Blood Drive at Pryor Hall, 2:30 to 7 p.m.

**April 8**

Baseball vs. Comfort at Cole, 4:30 p.m.

**April 9**

Jr./Sr. prom at Forest Waters Club, 8:30 p.m. to midnight

## Sports update

### Cole Cougar baseball team now 8-1

Cole defeated Texas Military Institute 11-8 early last week in a high scoring game. Matt Newcomer picked up the win with relief help from Julio Burgos. Newcomer is now 3-0 on the season. The offense was paced by Newcomer, who had three hits and four runs.

Cole opened up district play last Friday with a 12-6 victory over Johnson City. Julio Burgos picked up the win and struck out 10 batters. The offense was sparked by Cody Oswald, who went 3 for 4, including four RBIs and three runs. Cole is now 8-1 for the season and 1-0 in district. Darrell Kurek coaches the Cougar baseball team.

### Track season under way at Cole

The Cole boys' track team has accumulated wins early in the season. The Cougars competed in the Comfort track meet last week with the following results: Jon Brown took first place for the 800 meter run with a time of 2:04, and Cody Oswald earned second place for the 400 meter dash with a time of 52.89. Josh Collins broke a 26-year-old Cole High School discus record with a personal best throw of 142 feet, 2 inches.

The Sprint relay team, which included Anson Brantley, Julio Burgos, Wayne Simmons and Robert Dillard, placed fourth, as did the Mile Relay team, with Jon Brown, Cody Oswald, Eric Walker and Brian Greszler. The boys' track coach is Eric Boehme.

At the junior varsity level, Tim Fletcher placed first in the 400 meter dash while Chris Talamantez placed third in the shot put event.

The boys competed in the Center Point track meet March 24. Those placing were Josh Collins, first for discus; Jon Brown, second for 800 meter dash; Fabian Rodriguez, second for 110 high hurdles and 300 hurdles; Tim Pedro, fourth for shot put; Ben Carter, fourth for long jump and triple jump; and Robert Dillard, fifth for 200 meter dash.

Additionally, the Sprint relay team, with Sha Cameron, Wayne Simmons, Robert Dillard and Fabian Rodriguez, placed third, as did the mile relay team, which included Cody Oswald, Jon Brown, Eric Walker and Matt Newcomer.

In the junior varsity division, Tim Fletcher placed first in the 400

## Slam dunk!



Photo by Dr. Gloria Davila

Fourth grader A.J. Bray is all smiles after receiving the Tim Duncan Character Award with support from his father, Sgt. 1st Class Carlton Bray, Debbie McCullough, the nominating teacher, and his mother, Pamela Bray. The Tim Duncan Character Program is a tool for teachers, counselors and administrators to recognize and reward students for having outstanding character traits.

meter dash and second in the 800 meter dash, while Emanuel Yates placed second in the 400 meter dash. In the shot put, Lamar Arnold placed first, Chris Bradshaw placed fifth and Raymond Mapu placed sixth. In the discus event, Chris Talamantez placed second, Alex Dochnal placed fourth and Josh Heaney took fifth place.

The Cole girls' track team competed in the Center Point track meet last week. Those placing were Michelle McClendon, second for the 200 sprint and third for the 100 sprint; Martha Brown, fifth for the 2-mile run; Brittany Maas, second for 300 hurdles and fourth for 100 high hurdles; Lisa Nieves, sixth for 100 high hurdles; Meghan Rinehardt, fifth for 300 hurdles; and Nicole Ham, sixth for shot put. The mile relay team, with Michelle McClendon, Brittany Maas, Meghan Rinehardt and Martha Brown, placed fourth. The girls' track coach is Joella Allen.

# CHILD AND YOUTH SERVICES

## Youth Happenings

### Hail and farewell

There will be a Hail and Farewell today from 6 to 7 p.m. in Building 1630A. This Pizza Party is for all new middle school or high school youth or those leaving Fort Sam Houston within a month.

### Track registration

Youth Services track registration is ongoing and will continue through May 1 at the Youth Center, Building 1630. Registration time will be from 10 a.m. to 7 p.m. Monday through Friday. The cost is \$75 per participant. Track practice will begin Monday and will be held Monday, Wednesday and Thursday from 5:30 to 7 p.m. at Cole High School Stadium. For more information, call 221-3502 or 221-5513.

### Teen council meeting

The Teen Council Meeting is scheduled for April 9 from 4 to 5 p.m. All Council members are asked to be there to help plan future calendars and make plans for spring break and the summer events.

### Summer camp

Early onsite registration for the School Age Services summer camp will be April 18 to 22 for active duty only and April 25 to 29 for active duty, Department of Defense civilians and contractors, and retirees from 9 a.m. to 6 p.m. at Building 1705. People must register for summer camp even if they are currently using the SAS program. People must bring updated shot records, \$18 (per child) registration fee, social security numbers, proof of income and proof of a physical within the past year. Spaces are limited. For more information, call central registration at 221-4871 or 221-1723.

### Cooking class

The cooking class meets Friday at 4 p.m. to make April fool's burgers at the Youth Center. For more information, call 221-3502.

### Instructional classes

People interested in instructional classes such as Tae Kwon Do, quarterly babysitter training or gymnastics can call 221-4882, 221-4871 or 221-1723.

### Boredom remedy

Youth Services offers after school and weekend opportunities for sixth through 12th graders. For more information, call Youth Services at 221-4882 or Child and Youth Services central registration at 221-4871.

### Open recreation

School Age Services offers after school, weekend open recreation and after school hourly care to children in first through fifth grade. People have to sign up for hourly and open recreation in advance. Children must be registered through central registration prior to using the School Age Program. For more information, call School Age Services at 221-4466. To register, call central registration at 221-4871 or 221-1723.

### Free after school program

Youth Services offers an after school program for sixth through ninth graders weekdays until 6 p.m. YS will pick up children from either the elementary or high school. Students go to the Youth Center, have a snack, work on homework, participate in clubs and do fun, innovative projects. Students must be registered with Child and Youth Services, which has an \$18 annual fee, but the program is free. For more information, call 221-3502.

### Volunteers needed

Youth Services is looking for volunteers to assist with youth programs, including coaches, computer-skilled people, people with craft hobbies or anyone who just cares about kids. People who can type or file are also needed. For more information or to volunteer, call the Youth Center at 221-3502.

### Saturday shuttle

Youth Services offers a Saturday shuttle to and from the Youth Center. There is no cost, but parents with children 9 years old and younger must wait for the van and sign them in and out. The shuttle schedule is  
3 p.m. - leave the Youth Center  
3:10 p.m. - Gorgas Circle (picnic tables)  
3:13 p.m. - Schofield/Dickman on Schofield  
3:16 p.m. - Reynolds and Dickman on Reynolds  
3:20 p.m. - former Officers' Club tennis courts  
3:25 p.m. - Artillery Post Road at bus stop  
3:30 p.m. - Easley/Infantry Post at bus stop 660  
3:37 p.m. - Patch Road (playground)  
3:40 p.m. - Marvin R. Wood (basketball courts)  
3:47 p.m. - Patch Road (shoppette parking lot)  
3:51 p.m. - Foulois/Scott Road (Harris Heights)  
3:54 p.m. - Forage/Foulois  
4:02 p.m. - Powless Guest House.

The return shuttle will leave the Youth Center at 7:30 p.m. for those in fifth grade and below. There is also a shuttle that leaves at 9:30 p.m. for those in middle school and at 10:30 p.m. for those in ninth grade and up. The shuttles are for youth who live on the installation. For more information, call 221-3502.

## Parent News

### Home-based child care

Family Child Care offers home-based child care for ages 4 weeks to 12 years old on and off post with certified providers. FCC offers full day, part day, before and after school care, hourly care, extended hourly care and long term care. For referral information or child registration, call Child and Youth Services central registration at 221-4871 or 221-1723.

### PAC meeting

CYS Parent Advisory Council meeting will be April 19 from 11:30 a.m. to 12:30 p.m. at the Child Development Center, 2530 Funtston. Lunch will be provided. This is CYS parents' opportunity to learn of upcoming events, meet staff and address concerns. Family Advocacy will be speaking on child abuse prevention.

### FCC training

FCC will have an installation training for new providers April 25 to 29 from 8 a.m. to 4 p.m. For more information, call 221-3828.

### FCC providers

Family Child Care is looking for family members interested in becoming certified FCC providers. There is a no-cost start-up plan. For more information, call 221-3820 or 221-3828.

### Check wait list

People on the full-time day care wait list at the Child Development Center should check their status on the wait list to avoid losing status. To check status, call central registration at 221-4871 or 221-1723.



# Countdown to post's Fiesta celebration continues

By Yolanda Hagberg  
Public Information Office

Fiesta banners have been posted on Walters, Harry Wurzbach and Broadway Streets announcing the Fort Sam Houston Fiesta Celebration April 17. Other coordination is on-going for the traditional daylong Fiesta event that has grown into one of the biggest free events in San Antonio. The Fiesta salute is hosted by the installation's military leaders and will be from 1 to 9 p.m. at MacArthur Field, corner of Harry Wurzbach and Stanley Roads.

For those who like precision and pageantry, the popular Golden Knights Army Parachute Team will begin the Fiesta salute with aerial acrobatics and precision landings at 4:30 p.m. on MacArthur Field. The ceremony will include other military units visiting from Fort Myer, Va., that include the U.S. Army Drill Team, known for their precision and spectacular rifle toss routines and the Fife and Drum Corps dressed in colonial-style period uniforms. A traditional Army pass in review of Soldiers competing for best marching unit and a performance by the equestrian team "Escaramuza Rosa

de Castilla is also on the schedule. For music lovers a special concert by Keni Thomas from 7 to 7:45 p.m. will entertain Country and Western music aficionados. The popular 82nd Airborne Chorus from Fort Bragg, N.C., will add their special musical talents by singing acappella from 8 to 8:20 p.m. The U.S. Army Medical Command Band will perform the 1812 Overture leading up to a spectacular fireworks finale at 9:15 p.m.

**Country Fair from 1 to 9 p.m.** – A Country Fair featuring military equipment displays and exhibits, kiddies' carnival, games, food and drink booths will begin at 1 p.m. Also live entertainment will include the Rainbow Kids, "Sin Limite," Latin Band, Bahia Flamingo Dancers in colorful Fiesta-style costumes, the Texas Twisters Country and Western line dancers, and much more.

Visitors are advised to use the Walters Street gate off Interstate Highway 35 and are reminded that coolers and pets are not permitted during the event.

For more information, visit [www.samhouston.army.mil](http://www.samhouston.army.mil), click on MWR, click on Special Events, and on Fiesta Fireworks.

# Egg-zactly what is Fiesta fun?

If you want to see something funny, catch the expression of first-time Fiesta visitors as someone sneaks from behind and cracks a colorful, confetti-filled egg on their head! Believe it or not, this oft-repeated ritual is not an act of random violence, but an expression of friendship and celebration. The egg or cascarn has come to symbolize the fun and festivities of Fiesta San Antonio.

Also during Easter Sunday outings, families arrive with baskets full of cascarnes and crack them on each other's heads in a playful manner.

There are many stories about the origin of the cascarn. Some say the first cascarnes were brought from China by Marco Polo. The eggs were reportedly filled with perfume and scented talcum powder to give as gifts in Renaissance Italy. Somehow, the tradition moved to Spain, to Mexico and finally, to San Antonio. Somewhere along the way, perfume was replaced by confetti.

Notwithstanding its hazy origin, the cascarn is an inherent part of Fiesta. Thousands of brightly decorated eggs will be available throughout the city during the festival, and the surprise of cracking a cascarn and its shower of confetti are a part of virtually every Fiesta activity. So grab a cascarn, shatter it over a friend's head and join in this uniquely Fiesta tradition of fun and friendship.

**Fiesta San Antonio from April 15 to 24** – This year marks the 110th celebration of this unique festival, which honors the heroes of the Alamo and the winning of Texas independence at the Battle of San Jacinto. Fiesta San Antonio official opening ceremony will be at the Alamo on April 15 at 9 a.m. For more information on Fiesta 2005 in San Antonio, visit [www.fiesta-sa.org](http://www.fiesta-sa.org).

(Source: Fiesta San Antonio 2000 Magazine)



Photo by Yolanda Hagberg  
Eight-year old Taylor Vasquez catches his sister, 7-year old Miranda, off guard as he cracks a cascarn over her head on Easter Sunday.

# COMMUNITY LINK

## Happenings

### Historic Fort Sam tour

The Fort Sam Houston Officer and Civilian Spouses' Club will sponsor a Tour of Homes on historic Fort Sam Houston Friday from 10 a.m. to 2 p.m. Advanced tickets may be purchased today for \$10 in front of the PX. Tickets may be purchased the day of the tour for \$12 at the Stilwell House. For more information, call Betty Kotoriy at 545-0815.

### Fiesta tickets

The Cougar Pride Club of Robert G. Cole High School has parade tickets for the April 22 Battle of the Flowers and April 23 Fiesta Flambeau. The tickets are \$8 and the seats are located along the 100 block of East Commerce Street. All proceeds go to the Cougar Pride Club, which provides scholarships to students and contributes to various activities at Cole High School. For tickets, call Lana Dochnal at 226-2746.

### Free SeaWorld admissions

Anheuser-Busch adventure parks will salute the men and women of the armed forces and their families throughout 2005 under its "Here's to the Heroes" special. Military members and as many as three direct dependents may enter any one of Anheuser-Busch's SeaWorld, Busch Gardens or Sesame Place parks with a single-day complimentary admission. Eligible members can either register online at [www.herosalute.com](http://www.herosalute.com) or in the entrance plaza of participating parks, and must show a Department of Defense-issued photo ID. For more information, visit [www.herosalute.com](http://www.herosalute.com).

### Scholarships offered

The Fort Sam Houston Officer and Civilian Spouses' Club will be awarding scholarships to family members of active duty, active Guard and Reserve, and retired or deceased Army personnel who reside in the San Antonio area. There are two categories -- a graduating high school senior and an adult continuing education. Applications must be postmarked no later than April 11. Interested applicants may obtain a copy of the application from their high school counselor or by contacting Janie Gamez at 212-6951.

### AFTB classes

Army Family Team Building will offer a series of classes and workshops April 6, 18 and 19 at the Roadrunner Community Center, 2010 Stanley Road. The topics include building relationships, AFTB Level 1 and problem solving. For more information, call the AFTB office at 221-0275.

### AAFES reward program

The Army and Air Force Exchange Services, under its "You Made the Grade Program," offers rewards to students in grades one through 12 for above-average academic achievement. The program is designed to reward qualifying students to receive a booklet with more than \$50 in discount coupons on their favorite brands. To get the booklet, students must present a valid military ID card and proof of an overall "B" or better average to their local Base Exchange or Post Exchange. For more information, call a local exchange manager.

## Professional Development

### Free training

Army offers both Soldiers and civilians

access to over 1,500 Web-based information technology, business and self development courses. IT certification is available for some of the courses. For more information, go to [www.us.army.mil](http://www.us.army.mil) and select "My Education" under Self Service and click "Army e-Learning" or visit [www.dls.army.mil](http://www.dls.army.mil) and click on "Digital Training Facilities."

### Jobs for veterans

The Army Career and Alumni Program will host an Office of Personnel Management outreach visit April 14 from 9 a.m. to 4 p.m. There will be a booth in the Post Exchange lobby, and several training sessions will be held in the Blesse Auditorium, Building 2841. For more information, call Russell Matthias at 221-1213 or e-mail [Russell.Matthias@us.army.mil](mailto:Russell.Matthias@us.army.mil).

## Volunteer

### Animal defense league drive

The Boy Scouts Troop 23 will sponsor an animal supply drive and bake sale April 16 at the Post Exchange, PXtra and commissary from 11 a.m. to 3 p.m. They will collect dog and cat food, collars, blankets, leashes, cat litter, towels and blankets. All items will be donated to the Animal Defense League on Nacogdoches.

### WHMC periodontics seeks patients

The Wilford Hall Medical Center Department of Periodontics at Lackland Air Force Base seeks patients with specific needs for treatment in the Periodontics Residency program. Applicants must be a military retiree, family member of a retiree or family member of an active duty member and have been recently determined by a dentist to have an existing periodontal condition. Eligible patients must have a written consult from their referring dentist and can either bring it to MacKown Dental Clinic or fax it to 292-

5193. For more information, call 292-7273.

### Student exchange program

Families interested in sponsoring foreign exchange high school students for the coming 2005-2006 fall semester can call the program coordinator, Yvette Coffman, at (800) 941-3738 or e-mail [ycoffman@sharesouthwest.org](mailto:ycoffman@sharesouthwest.org).

## Meetings

### Aging conference

Texas Association of Area Agencies on Aging along with other government agencies will host a conference on aging April 24 through April 27 at the Omni Hotel. This year's conference will conduct 29 workshops offering a variety of educational topics and numerous networking opportunities. For more information, visit [www.texasconferenceonaging.org](http://www.texasconferenceonaging.org).

### SMA seeks new members

The Fort Sam Houston Sergeants Major Association meets every third Thursday of the month at 6 p.m. in the Sam Houston Club. Command Sgt. Maj. Timothy W. Burke, president of the association, invites all active duty and retired command sergeants major, sergeants major and master sergeants on the promotion list from all service branches to the meetings. For more information, call Sgt. Maj. Danielle Lewis at 916-4114 or retired Sgt. Maj. Kyong Nichols at 221-1266.

### Association seeks members

The Alamo Silver Wings Airborne Association, VFW 9186, seeks members for its organization. Join the spirit and tradition of airborne. Meetings are every third Thursday. For more information, call Joe Turella at 657-0028.



# FORT FREEBIES

*Freebies are published on a first-come, first-served basis. Commercial advertisements are prohibited. The deadline is noon Monday. Freebies are intended for personal household goods and privately owned property, and may only be submitted by active, retired or reserve component military members and civilian employees working on Fort Sam Houston. Real estate ads will not be published. To submit paid classified ads or commercial advertising, call Prime Time at 453-3300. To submit a Fort Freebie, e-mail to news.leader@samhouston.army.mil or fax to 221-1198. Ensure your military and Fort Sam Houston civil service status, phone number and name appear on request. Freebies run for one week unless submitter calls to renew. There is a two-week maximum and a limit of five items per entry.*



**For Sale:** Twin bed, \$20; truck hitch from a 1992 Chevy 1500 sport side, \$50; 1993 Geo Tracker, \$1,200; 3-year-old female calico cat, spayed, free. Call 673-9142.

**For Sale:** Ivory and black lacquer bedroom suite, king/queen headboard, dresser with mirror, armoire, two night stands which include glass tops, \$500. Call 659-3624.

**For Sale:** Four Goodyear Eagle GT-II tires, size P255-60/R15, never mounted, \$300 obo; one Goodyear Eagle RH, size P225-70/R15, used as spare for 100 miles, \$50 obo. Call Fred at 221-2701 during the day and at 494-8401 in the evenings.

**Wanted:** Overhead projector (flatbed

type), must work. Call 271-3459 or 316-9793.

**For Sale:** Alesis Quadrasynth electric piano plus, hundreds of sounds and sound effects, midi, 72 keys, programmable, paid \$1,600, new and hardly been used, \$300 obo; twin trundle bed, simple style in good condition, great for spare room, \$75; oak draft table, solid wood construction and functional, \$75; indoor portable gym, \$25. Call George at 299-1273.

**For Sale:** 1996 two-tone black and chrome Yamaha Royal Star motorcycle, four cylinder, 15K original miles, garage kept and dealer serviced, many upgrades and extras, \$7,000. Call Gene at 286-3326.

**For Sale:** Platinum cross bar WESY7873, 340 pounds of compounded bow resistance, weight resistance changes instantly with superior digital control resistance, no manual adjustments, pre-programmed workouts are built in, regularly sells for \$1,299, will sell for \$800 obo. Call Steven at 643-9696.

**For Sale:** Treadmill, paid \$450, will sacrifice for \$200. Call Cynthia at 316-6309.

**For Sale:** Beige ceramic lamp, no shade, \$10; dress blues uniform, 40-inch jacket, trousers 30-inch or 32-inch by 31-inch (has about 2-inch hem), \$100; semi-sheers, champagne color, six panels each 80 by 60, \$50; youth full-size comforter

set, purple and white bed skirt, two shams plus matching full size sheet set (with pillows), \$20. Call 697-9261.

**For Sale:** 13-inch combined TV/VCR, VCR needs repair, \$45. Call 826-7675.

**For Sale:** Four-piece solid pine bedroom set, \$500; washer/dryer, \$250; three-piece living room set, \$300; hutch and buffet, \$300; refrigerator, \$200, all items are in excellent condition and prices are negotiable, picture available upon request. Call Sabrina at 945-4872 or 221-8086.

**For Sale:** Scoot Along three-wheel scooter, like new, with battery charger, barely used, original cost \$350, will sacrifice for \$250. Call 499-0122.